



# Understanding Food and Digestion (Understanding the Human Body (Library))

Robert Snedden

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## **Understanding Food and Digestion (Understanding the Human Body (Library))**

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Understanding Food and Digestion (Understanding the Human Body (Library)) Robert Snedden Food makes a fantastic journey from the plate to nutrients that can be used all around the body. This book follows that journey and helps readers understand more about how the food they eat translates into energy and healthy body systems.



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